



BlueCross BlueShield of Texas



1001 E. Lookout Drive  
Richardson, Texas 75082

## Reserve your spot today!

Classes are filling quickly. See the attached flier for signup information.

Dear Member,

**You are invited to a Living365<sup>®</sup> diabetes class at an Albertsons Market, Randalls or Tom Thumb pharmacy near you!** Understanding and controlling diabetes is not easy. That's why Blue Cross and Blue Shield of Texas is working with these pharmacies to offer diabetes education classes starting in August AT NO CHARGE to our members. These classes will give members a chance to:

1. Go on a 'Healthy Eating' grocery store tour led by a registered dietitian. During the tour you'll learn about counting carbohydrates, types of fat, reading food labels and much more.
2. Engage with a pharmacist to learn more about diabetes and related treatments, monitoring blood glucose, and incorporating physical activity into your lifestyle.
3. Participate in a question and answer session.
4. Receive educational materials and items such as a tote bag AND water bottle.

We expect classes to fill up quickly, so don't wait! Attached is a flier with the time and location of classes in your state. To reserve your spot in the class, follow the directions on the flier.

And here's another perk: you can bring one person with you to the class. Your guest does not have to be a Blue Cross and Blue Shield of Texas member. Be sure to let us know if you are bringing a guest when you sign up, because SEATING IS LIMITED!

At Blue Cross and Blue Shield of Texas, we believe that healthy actions add up. Sign up today for our Living365 diabetes class, offered exclusively to Blue Cross and Blue Shield of Texas members.

Sincerely,

*Blue Cross and Blue Shield of Texas*

*Continues on reverse* 



Our Living365® program is aimed at providing healthy guidance through classes, in-home test kits, printed materials, online resources and more.

If you have other questions or concerns, please call the number on the back of your member ID card.

Albertsons Market, Tom Thumb and Randalls are independently contracted pharmacies solely responsible for their products and services.

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Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



BlueCross BlueShield of Texas



# Diabetes Education Classes

Join a registered dietitian and in-store pharmacist on this exclusive tour just for Blue Cross and Blue Shield members AT NO COST!

It's all part of our Living365<sup>®</sup> program!

## Diabetes Education Classes - Dates & Times

<b>Thursday, August 15</b> 6:00 p.m. - 7:30 p.m. Albertsons 320 Casa Linda Plaza Dallas, TX 75218	<b>Saturday, August 24</b> 10:00 a.m. - 11:30 a.m. Randalls 18322 Clay Road Houston, TX 77084	<b>Thursday, August 29</b> 6:00 p.m. - 7:30 p.m. Randalls 10900 D Research Blvd. Austin, TX 78759	<b>Friday, August 30</b> 10:00 a.m. - 11:30 a.m. Randalls 2025 W. Ben White Blvd. Austin, TX 78704
<b>Friday, September 6</b> 6:00 p.m. - 7:30 p.m. Randalls 5161 San Felipe Houston, TX 77056	<b>Saturday, September 14</b> 11:00 a.m. - 12:30 p.m. Randalls 5161 San Felipe Houston, TX 77056 In English and Spanish	<b>Thursday, September 19</b> 6:00 p.m. - 7:30 p.m. Tom Thumb 612 Grapevine Highway Hurst, TX 76054	<b>Saturday, September 28</b> 11:00 a.m. - 12:30 p.m. Albertsons 3525 Sycamore School Road Fort Worth, TX 76133
<b>Saturday, October 5</b> 11:00 a.m. - 12:30 p.m. Randalls 5130 Bellaire Blvd. Bellaire, TX 77401	<b>Thursday, October 10</b> 6:00 p.m. - 7:30 p.m. Randalls 2051 Gattis School Road Round Rock, TX 78664	<b>Saturday, October 12</b> 10:00 a.m. - 11:30 a.m. Randalls 10900 D Research Blvd. Austin, TX 78759	<b>Thursday, October 24</b> 6:00 p.m. - 7:30 p.m. Albertsons 301 SW Plaza Shopping Center Arlington, TX 76016

**Reserve your spot TODAY!** Call 877-728-6655 Monday through Friday from 9:00 a.m. – 6:30 p.m., local time OR visit <https://bit.ly/living365TX>.

If the class is cancelled for any reason, you will be notified by phone.

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